

## First aid classes help determine the victim's requirement of help

At a really terrific party, everyone is in the lap, and suddenly a friend develops breathing trouble, he or she is choking, what should be done?

The first reaction many people have when this situation occurs is panic! Some just think that the person is joking.

Before something like this happens one should take a first aid course. There should be a course in your town. Here one can learn how to handle this situation. In these classes one will learn how to determine whether or not the victim needs help or not. For instance the victim is only breathing with a slight problem and can speak. Don't interfere. If they are like this they can clear the

passage on their own. On the other hand, if the person is having a very hard time breathing, is turning blue, and making a high pitched sound when trying to breathe, they need help immediately.

Here are a few procedures you will learn! Back blows, abdominal thrusts, and mouth-to-mouth ventilation. One would not only learn these procedures but one will also learn how to give insufflation (rescue breathing), what to do if someone was in shock and more.

It is recommended that before anyone attempts any of these procedures a first-aid course should be taken. Check with your doctor, nurse, or contact a local Red Cross headquarters.

## Steps to football field still remain uncompleted

Have students been wondering if the steps to the football field will ever be completed?

According to Mr. Glen Wade, Assistant Principal, this project is one he would like to see completed.

When the steps were started there was more money available. Now the project has been set aside because of more important things for which the money is being used.

So the question still remains, when will the steps be completed? Who knows?

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### Driving safely can decrease the chances of having an accident

For those people who drive here are some driving tips that may help when out on the road.

First, when starting out, or when driving a strange car, be acquainted with the instruments, be able to turn on the headlights without looking away from the road. Know where the windshield wiper and emergency flasher switches are located.

When driving at night, be alert. Don't glare the headlights on other drivers. If someone is approaching you using high-beams, flash your lights once at them, usually they will switch to low-beam. If they don't, watch the white line on the right side of the road so you won't cross into the other lane.

Another problem around the Pocahontas area is deer jumping in front of cars at night. If

you are approaching a deer, turn your headlights to low-beam and sound the horn a few times. This allows the deer to move out of the way without being confused, which often causes it to freeze in its tracks.

Be prepared for poor road conditions. The shoulders, deep shoulders and loose gravel are enough to make one consider giving up driving. Don't take the roads for granted.

Another hazard is the winters. The roads become slick, the bridges icy, and the curves and turns become dangerous for driving. Here are a few suggestions that might make your driving safer.

Prepare your car. Cold weather puts a strain on the cooling system. Before winter, have the fan belt and water pump checked, radiator flushed and cleaned, and look for leaks in the water, heater, and water hoses and

have connections in exhaust. A lot of money can be saved by replacing worn parts before trouble develops. Pay attention to your car if the fluid in the radiator and engine freezes. To prevent this, add antifreeze. Antifreeze should be checked regularly as needed.

Wind driven snow limits visibility, so low beams should be used when driving in it. Speed should also be decreased to prevent skidding. If your car starts sliding, don't hit the brakes. This will take away your steering ability. Just try to get the car under control by steering it and gently pumping the brakes. If you put the car in neutral, you may also help. The brakes won't have to work against the engine. When driving

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